



Canada's Food Guide



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Eating Well with Canada's Food Guide makes it easy to select the right food choices to maintain a healthy lifestyle.

Since 1942, Canada's Food Guide has evolved but it has never lost its original purpose of guiding food selections and promoting the nutritional health of Canadians. It is available in 12 different languages.

Canada's Food Guide provides information about the four main food groups we should eat every day, and what a serving size actually looks like. It also recognizes the importance of balancing diet and exercise to live a healthier life.

FOOD FOR THOUGHT

- Eat your veggies! Choose at least one dark green and one orange vegetable daily – bright colour is where you'll find the most micronutrients.
- Learn to love whole grains, they should make up at least half of your daily grains.
- Pick lower fat milk or milk alternatives daily for calcium and vitamin D.
- Choose beans, lentils, soy, and legumes more often! Plant proteins are generally lower in saturated fat than meat proteins and are full of dietary fibre, vitamins, and minerals too.
- Try to eat at least 2 servings of fish every week for heart healthy omega-3s.
- Include a small amount - 30 to 45mL (2-3tbsp) - of unsaturated fats such as olive, canola, or soybean oils each day to help your body absorb fat soluble vitamins.
- Satisfy your thirst with water

For further information about serving sizes refer to *Eating Well with Canada's Food Guide* on line.

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